

Your smile is very important to all of us at Caruso Orthodontics. Wearing your retainers as we have recommended is critically important to the long term maintenance of the investment you have made in your beautiful smile. We want you to keep an eye on the fit of your retainers but realize that you all have extremely busy lives. Therefore, we have implemented **VIRTUAL RETAINER CHECKS** for your convenience!

To check the fit of your retainers: **PLEASE EMAIL THE FOLLOWING PHOTOS:** (Once we receive them and one of the doctors reviews them and your treatment plan, we will contact you with directions concerning continued wear of your retainers.)

1. Front photo with both **RETAINERS IN**. Mouth slightly open.



2. Photo of lower teeth with **RETAINERS OUT**



3. Photo of upper teeth with **RETAINERS OUT**



4. Photo from each side, biting down with **RETAINERS OUT**. Use Fingers or spoon to move cheek out of the way



5. Photo of retainers
(Please place them on a dark background for best results)



**New Hartford patients, please e-mail photos to:*

danielle@carusoortho.com

**Herkimer, Oneonta and Cooperstown patients,*

please e-mail photos to: info@carusoortho.com